



COMMUNITY ONLINE ACADEMY FOR ADULTS

A full day of free courses for adults
focused on fitness, learning, and fun

You and your family have access to Perks at Work's free Community Online Academy (COA), offering 30+ live courses online every Thursday. Our Adult Track runs from 9AM – 6PM eastern.

FEATURED COURSE



BACK PAIN

Allie leads a class through specific stretches and exercises to help manage lower back pain. She also has ergonomic recommendations for your work from home set up. Dial in live this week at 9am and 3pm EDT!

“

MY SECOND WEEK ATTENDING THIS CLASS. ANOTHER EXCELLENT JOB. THE PACE AND THE CUEING BY ALLIE ARE EXCELLENT! FIT SO MUCH IN JUST 25 MINUTES. ”

JOIN US EVERY THURSDAY, WITH EXPERTS TEACHING COURSES DESIGNED FOR ADULTS

FEATURING BOTH WELLNESS & LEARNING COURSES

- Leadership in Practice
- Presence Over Video
- Bio-hacking Your Best
- Nutrition to Boot Immunity
- Back Pain
- Strength Training
- Boxing
- Cooking
- Intro DDO
- What's Working/Not Working
- ...And more!

ALSO AVAILABLE: kidtrack